

CLAIMS

1. An aquatic exercise device comprising:
 - a dome-shaped bell having an apex opposite an opening of the dome-shaped bell and having a bell axis extending through the apex and a center of the opening; and
 - a handle connected to the dome-shaped bell, the handle having a handle axis non-perpendicular to the bell axis.
2. An aquatic exercise device in accordance with claim 1, further comprising:
 - a plurality of fins symmetrically arranged along an outer surface of the dome-shaped bell.
3. An aquatic exercise device in accordance with claim 2, wherein the handle axis is parallel to the bell axis.
4. An aquatic exercise device in accordance with claim 3, wherein the handle axis coincides with the bell axis.
5. An aquatic exercise device in accordance with claim 1, wherein a handle angle between the handle axis and the bell axis is between zero and 90 degrees.
6. An aquatic exercise device in accordance with claim 1, further comprising a plurality of apertures extending between an interior and an outer surface of the dome-shaped bell and configured to allow water flow when the device is moved through water.
7. An aquatic exercise device in accordance with claim 1, wherein at least a portion of the handle is outside of an interior of the dome-shaped bell.

8. An aquatic exercise device in accordance with claim 7, wherein the handle comprises two handgrips outside the interior of the dome-shaped bell.

9. An aquatic exercise device in accordance with claim 8, wherein a handle angle formed between the handle axis and the bell axis is between zero and ninety degrees.

10. An aquatic exercise device in accordance with claim 1, further comprising another dome-shaped bell connected to the handle opposite the dome-shaped bell.

11. An aquatic exercise device in accordance with claim 10, wherein the handle axis and the bell axis coincide with another bell axis of the another dome-shaped bell, the another bell axis extending from an apex of the another dome-shaped bell to a bell opening of the another dome-shaped bell.

12. An aquatic exercise device comprising:

- a first dome-shaped bell having a first plurality of apertures,
- a second dome-shaped bell having a second plurality of apertures; and
- a handle having a first end connected to the first dome-shaped bell and a second end connected to the second dome-shaped bell.

13. An aquatic exercise device in accordance with claim 12, wherein a handle axis coincides with a first bell axis and a second bell axis, the first bell axis extending through a center of the first bell opening through a first bell apex opposite the first bell opening and the second bell axis extending from a center of a second bell opening to a second bell apex of the second dome-shaped bell.

14. An aquatic exercise device in accordance with claim 13, further comprising a first plurality of fins extending from the first dome-shaped bell and a second plurality of fins extending from the second dome-shaped bell.

15. A method of aquatic exercise comprising:
grasping an aquatic exercise device with both hands; and
maintaining the aquatic exercise device at a selected distance from a torso while rotating an upper body to move the aquatic exercise device through water, the aquatic exercise device comprising:
a first dome-shaped bell having a first plurality of apertures,
a second dome-shaped bell having a second plurality of apertures; and
a handle having a first end connected to the first dome-shaped bell and a second end connected to the second dome-shaped bell.

16. A method of aquatic exercise in accordance with claim 15, wherein a handle axis of the handle coincides with a first bell axis and a second bell axis, the first bell axis extending through a center of the first bell opening through a first bell apex opposite the first bell opening and the second bell axis extending from a center of a second bell opening to a second bell apex of the second dome-shaped bell.

17. A method of aquatic exercise in accordance with claim 16, wherein the aquatic exercise device further comprises a first plurality of fins extending from the first dome-shaped bell and a second plurality of fins extending from the second dome-shaped bell.